TANYA BYRON

Consultant clinical psychologist specialising in child & adolescent mental health

Professor Tanya Byron is a distinguished professional with a strong background in psychology, clinical practice, and media. She earned her Bachelor's degree in Psychology from York University and went on to complete a Master's degree in Clinical Psychology at University College London. Subsequently, she obtained her Doctorate, focusing on drug misuse, from University College Hospital and the University of Surrey.

Her career includes a number Consultant Clinical Psychologist posts with a specialisation in working with children and adolescents. She led a nationally recognised, NHS beacon-awarded training programme for NHS and Social Care staff, focusing on managing aggression and violence.

Tanya's expertise extends to public speaking, writing, and broadcasting. She has been a presenter and on-screen expert in various BBC television series like *Little Angels* (2003-05), *Teen Angels* (2005), *The House of Tiny Tearaways* (2005-06), and *Child of Our Time* (2017), providing valuable insights into child development, behavioural and mental health issues. The C4 series *Bedtime Live* (2013), *Newsnight* (2014) and the Horizon series *What's the Right Diet for You?* (2015), as well as the BBC series *Lose Weight for Love* (2016) gave national audiences an appreciation of issues around exploring and treating psychological and behavioural issues. This theme is further reflected in her columns every Monday in *The Times* that have been running since 2005.

Her BBC series *Am I Normal?* (2008) explored the boundaries of acceptable behaviour. She also presented *The Truth about Child Sex Abuse* (BBC, 2015) and *The Truth About Improving Your Mental Health* (BBC, 2021). On BBC Radio 4 she is a presenter and contributor to a range of programmes, for one of which she won a Sony Radio Gold award (Face to Face, 2012), and, collaborating with Jennifer Saunders, she co-wrote the popular BBC comedy series *The Life and Times of Vivienne Vyle* (2007). She has recorded three seasons of *How Did We Get Here?*, the critically acclaimed podcast about mental health she presents with her friend and *The House of Tiny Tearaways* co-presenter, the

broadcaster Claudia Winkleman.

As an author, Tanya has published extensively, including books related to her television work. Her publications include *Your Child, Your Way* (Penguin, 2007), and the Top Ten bestseller The Skeleton Cupboard (2014, Pan Macmillan) which has been optioned for a television series. She is currently working on her sixth book.

Tanya has played a pivotal role in shaping national and international policies related to children, young people, mental health, and education. In 2007, Tanya was commissioned by the Prime Minister Gordon Brown to conduct an independent review on the potentially harmful effects of the internet and video games on children, resulting in the influential *The Byron Review: Safer Children in a Digital World* (2008) and its follow-up *Do We Have Safer Children in a Digital World?* (2010). Her work led to significant policy changes and was widely acclaimed by both the government and the public, both nationally and internationally.

In recognition of her outstanding contributions to science, education, and culture, Tanya has been awarded Honorary Doctorates by the University of York, the Open University, and London Metropolitan University. She holds the prestigious position of Professor of Psychology at Shangdong University (China) and serves as an Honorary Lecturer at University College London. Tanya is a Fellow of the Royal Society of Arts and actively supports various charitable organisations, including Prospex, Relate, The Princes Trust, Grief Encounter and Place2Be and was a Trustee of NSPCC (2016-2022). Additionally, she continues her clinical practice as a Consultant Clinical Psychologist three days per week.

CREDITS

TV:

The Truth About Improving Your Mental Health, 2021 (BBC One)

Child of Our Time, On-screen Expert, 2017 (BBC One)

Horizon: What's the Right Diet for You?, 2015 (BBC Two)

Newsnight, 'Addicted to Technology' segment, 2014 (BBC Two)

Bedtime Live, 2013, (Channel 4)

Am I Normal?, 2008, (BBC Two)

The House of Tiny Tearaways S4, Nominated for a Royal Television Society Award, 2007, (BBC Three)

The Life and Times of Vivienne Vyle, 2007 (BBC Two)

How to Improve Your Memory, 2006, (BBC One)

The House of Tiny Tearaways S3, Nominated for a Royal Television Society Award, 2006, (BBC Three)

Teen Angels S1, 2005, (BBC Three)

The House of Tiny Tearaways S1/ S2, Nominated for a Royal Television Society Award, 2005, (BBC Three)

The French and Saunders Christmas Special, 2005, (BBC One)

Panorama: Gun and Knife Youth Culture, 2005, (BBC One)

Little Angels S3-S4, Bafta Nominated, 2005, (BBC Three)

Little Angels S1-S2, Bafta Nominated, 2004, (BBC Three)

Audio:

Podcast: *How Did We Get Here?*, Somethin' Else, 2019 – 2021

Columns:

The Times, 2005-Present

Good Housekeeping, 2009-Present

Books:

The Skeleton Cupboard, Pan, 2015

Your Child Your Way, Michael Joseph, 2007

The House of Tiny Tearaways, BBC Active, 2005

Little Angels, BBC Active, 2005